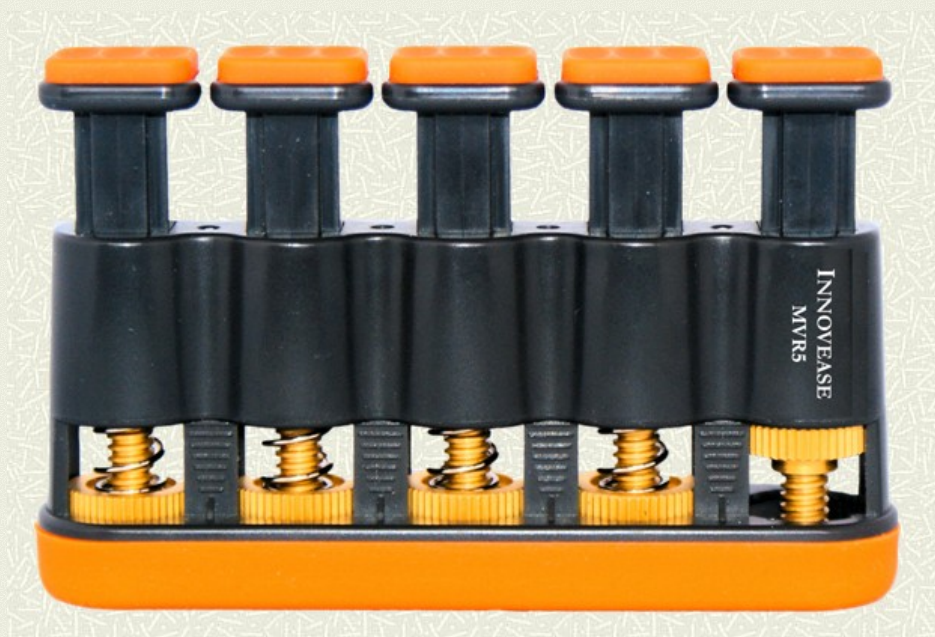


INNOVEASE MVR5 HAND AND FINGER EXERCISER

USER INSTRUCTIONS AND EXERCISE PROGRAM



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Exercise and fitness training can lead to injury if done excessively or if not done properly. Innovease disclaims all liability for any injury or condition suffered as a result of using the MVR5 Hand and Finger Exerciser or from doing any of the exercises outlined in this user manual. Please carefully follow the instructions provided and if you experience any pain, stop exercising immediately. If the pain persists, consult with a physician before exercising further.

INTRODUCTION:

If you have not already purchased the Innovease MVR5 Hand and Finger Exerciser, we hope that you will consider doing so. The MVR5 is a premium exercise device that will give you years of trouble-free service.

We value each and every one of our customers and strive to do everything in our power to ensure you are delighted with your purchase and that you derive the most benefit from it.

This user manual will show you how to use the MVR5 Hand and Finger Exerciser and provides a complete exercise program that will help you achieve your exercise goals.

When you succeed, we succeed. And we want you to be extraordinary!

Who is the Innovease MVR5 Hand and Finger Exerciser For?

The Innovease Hand and Finger Exerciser is for anyone who wants to strengthen their hands and fingers. It is ideally suited for...

- ✦ Athletes participating in sports including golf, tennis, bowling, softball, or baseball.
- ✦ Musicians playing instruments including guitar, violin, ukulele, mandolin, piano, keyboard, trumpet, clarinet, saxophone, or drums.
- ✦ Typists and computer users.
- ✦ Physical Therapy for arthritis, tendonitis or rehabbing from hand or finger injuries, hand or finger surgeries, joint ailments, or stroke.

One of the secrets of master musicians and athletes the world over is their hands. They have great hands. Their fingers are nimble, quick, precise, flexible, and strong. And their hands, wrists, and forearms are strong, as well.

Thus, to become a better musician or athlete, it is important to condition and strengthen your hands and fingers.

The Innovease MVR5 Hand and Finger Exerciser is also great for anyone who wants to improve their typing skills. And it's a good stress reliever too.

Why Use a Hand and Finger Exerciser?

There are many devices on the market to increase hand and grip strength. So why should you choose a hand and finger exerciser?

Hand and finger exercisers are unique in their ability to independently exercise each finger as well as the whole hand. This capability promotes independent finger action and control, as well as improving the flexibility, precision, and coordination of your fingers. This versatility makes hand and finger exercisers the preferred choice of athletes and musicians alike.

The Advantages of the Innovease MVR5 Hand and Finger Exerciser

The Innovease MVR5 is the best hand and finger exerciser on the market today. Its many features and advantages include:

- ✚ It is high quality, made from only the best materials.
- ✚ It is rugged and will provide years of trouble-free service.
- ✚ It's operation is smooth and quiet.
- ✚ It has resistance that is fully adjustable from 3.0 to 8.5 lb on each finger. This is superior to single-resistance exercisers because:
 - It allows each finger to get the best possible workout in every exercise.
 - It allows a single unit to meet all of your exercise needs.
 - One unit is suitable for every member of your family.
 - It saves you money because you would have to buy four single-resistance exercisers to match one Innovease MVR5 exerciser.
- ✚ It is highly flexible:
 - It has five buttons instead of the four on most exercisers, which allows you to do finger extension exercises, critical for guitar and piano training.
 - It comes with two lock-down clips to lock one or two buttons in the down position. This makes it easier to do finger extension exercises.
- ✚ It is portable, easily fitting into your purse or pocket.
- ✚ It comes with a full, money-back guarantee.

The adjustable resistance is a key feature of the MVR5 which allows the resistance on each button to be adjusted independently over a range of 3.0 to 8.5 pounds. The lowest level is suitable for your little and ring fingers, thereby providing effective exercise for every finger on your hand. The lowest resistance level is also suitable for women and children, thus allowing a single unit to be used by every member of your family. The highest resistance level is high enough to challenge even those with strong hands.

The adjustable resistance also allows you to tailor exercises to the strength of each finger. With a single-resistance exerciser, you have to choose which fingers to focus on. Select a low resistance unit to exercise your little and ring fingers, which are your weakest fingers, but your index and middle finger get left out. Select a higher resistance unit, and your ring and little fingers get left out. Not so with the Innovease MVR5 exerciser. Just adjust the resistance to suitable levels for each finger and get every finger involved in every exercise.

The fifth button is another excellent feature of the Innovease MVR5 exerciser. Having this extra button allows finger extension exercises to be easily conducted, which are highly beneficial for musicians. Being able to extend the ring and little fingers with strength and precision is important, especially for guitar, piano, and keyboard players.

Overall, the Innovease MVR5 Hand and Finger Exerciser is a high quality, versatile hand and finger exerciser that will strengthen and condition your hands and fingers so that you can become a better athlete or musician or as part of a physical therapy program. There is no better product on the market today.

INSTRUCTIONS FOR USE:

Tips for Getting the Most Out of Your Hand and Finger Exerciser:

- ✚ For best results and to reduce the possibility of injury, use a lower resistance with more repetitions instead of a few repetitions at a high resistance. Fingers can be easily strained if over-stressed. Don't hurt yourself. Use reps to build strength. And if you experience any pain, stop exercising immediately. Excessive use or using too high a resistance can cause injury.
- ✚ To get maximum benefit, perform the exercises slowly and carefully, always using good form. Good form is essential to get the most benefit out of any exercise program. And it will take concentration to get your fingers to work independently at first. So go slowly, gradually increasing speed as you gain proficiency.
- ✚ In some exercises, it may be helpful to support the exerciser with your free hand. It is perfectly acceptable to do this, especially when just learning an exercise. Remember, good form is key. If it takes two hands to do that, it's OK.
- ✚ Because the resistance is provided by springs, the resistance increases as you depress each button. This gives you further control over the level of exercise: Depress the button part way for less exertion and all the way for more exertion.

How to Adjust the Resistance Levels



The resistance is independently adjustable from 3.0 to 8.5 lb on each button. Changing the resistance is easily done using the thumbwheel at the bottom of each plunger. To raise the resistance, rotate the thumbwheel counterclockwise. To lower the resistance, rotate the thumbwheel clockwise. Maximum resistance is achieved with the thumbwheel all the way up while minimum resistance is achieved with the thumbwheel all the way down.

How to Lock Buttons in the Down Position



To lock a button in the down position, hold the exerciser in one hand and depress the button with your thumb, keeping your thumb on the very back edge of the button. With your other hand, slip the short edge of the metal hold-down clip under the plunger body and then slide the long edge of the clip over the top of the button.

To remove the clip, depress the button slightly with your thumb, pushing down on the back corner of the button, and, with your other hand, slide the top of the clip off of the button. Remove the other end of the clip from under the piston body and release the button with your thumb.

INNOVEASE MVR5 EXERCISE PROGRAM:

The following are a series of exercises designed especially for the Innovease MVR5 Hand and Finger Exerciser. Choose the ones you want to use, depending on which muscles you want to condition and strengthen.

The exercise instructions recommend starting with 10-rep sequences. If you find this to be too much, reduce the number of reps to a level that is more comfortable for you. Again, the important thing is to not injure yourself. Go slowly at first and build reps and increase resistance as you build strength.

Also, feel free to try variations of the exercises to tailor the exercises to your specific needs and goals.

Thumb Press:



Exercise Objective:

- ✚ To increase thumb, hand, wrist, and forearm strength.

Execution:

- ✚ Place the tip of your thumb on the middle button with the finger tips of your four fingers on the bottom of the exerciser.
- ✚ Your fingers should be parallel, pushing straight against the bottom of the exerciser. Good form is essential in this exercise.
- ✚ Hold the exerciser so that it is vertical and its bottom is facing away from you at about a 45-degree angle to your body. The exact orientation of the exerciser is not critical as long as it is comfortable and your fingers and thumb maintain good form.
- ✚ Press straight down on the middle button with your thumb one or two times to test the resistance.
- ✚ Adjust the resistance on the middle button so that the amount of exertion needed to depress the button is challenging but comfortable. Never use such high resistance that you have to strain to depress the button, as that could lead to injury.
- ✚ The thumb is stronger than your other fingers, so you may find that the resistance of one button is not sufficient to give you a proper workout, even at the highest resistance level. In this case, let your thumb straddle the second and third

buttons, thus combining their resistances. Adjust the resistance on the two buttons until a satisfactory level is obtained.

- ✦ Depress the button(s) with the tip of your thumb, hold for 1-3 seconds and then release.
- ✦ Do 10 times and then repeat with the other hand.
- ✦ Repeat the 10-rep sequence two more times until a total of 30 reps have been done by each hand.
- ✦ At the end of each set of reps, you should feel slight fatigue in your hand, but never any pain. If you feel pain, stop exercising and reduce the resistance.
- ✦ As you build strength, first increase the number of reps and then, slowly increase the resistance. Again, never use excessive resistance that causes you to strain to depress the button(s), as that could lead to injury.

One Finger Press:



Exercise Objective:

- ✦ To strengthen the fingers, hand and grip.

Execution:

- ✦ Place your thumb underneath the exerciser and the fingertip of the finger to be exercised on the top of its button.
- ✦ The finger being used should be positioned so that the finger tip is pushing straight down on the button. Good form is essential in this exercise.
- ✦ Keeping the other fingers on their respective buttons helps to build dexterity and coordination of the fingers. Leaving them off of their buttons focuses solely on building the strength of the finger being exercised. Use the approach that best meets your exercise objectives.
- ✦ Hold the exerciser so that it is facing away from you at about a 45-degree angle to your body and about 45-degrees from vertical. The exact orientation of the exerciser is not critical as long as it is comfortable and your finger maintains good form on the button.
- ✦ Press straight down on the button being used one or two times to test the resistance.
- ✦ Adjust the resistance on the finger being

exercised so that the amount of exertion needed to depress the button is challenging but comfortable. Never use such high resistance that you have to strain to depress the button, as that could lead to injury.

- ✦ Once the resistance has been set correctly, press straight down with the finger tip to depress the button, hold for 1-3 seconds and then release.
- ✦ Do 10 times and then repeat with the other hand.
- ✦ Repeat the 10-rep sequence two more times until a total of 30 reps have been done by each hand.
- ✦ At the end of each set of reps, you should feel slight fatigue in your finger and hand, but never any pain. If you feel pain, stop exercising and reduce the resistance.
- ✦ If desired, repeat the exercise sequence with a different finger, being sure to adjust the resistance for that finger before beginning.
- ✦ As you build strength, first increase the number of reps and then, slowly increase the resistance. Again, never use excessive resistance that causes you to strain to depress the buttons, as that could lead to injury.

Two-Finger Press:



Exercise Objective:

- ✦ To strengthen the fingers, hand and grip.

Execution:

- ✦ Place your thumb underneath the exerciser and the fingertips of the two fingers to be exercised on the tops of their respective buttons. Any two fingers can be used for this exercise.
- ✦ The two fingers being exercised should be parallel, pushing straight down on the buttons with your finger tips. Good form is essential in this exercise.
- ✦ Keeping the non-exercising fingers on their respective buttons helps improve finger dexterity and coordination. Leaving them off their buttons focuses merely on building the strength of the fingers being exercised. Use the approach that best suits your exercise objectives.
- ✦ Hold the exerciser so that it is facing away from

you at about a 45-degree angle to your body and about 45-degrees from vertical. The exact orientation of the exerciser is not critical as long as it is comfortable and your fingers maintain good form on the buttons.

- ✦ If non-adjacent fingers are being exercised, you may lock the button(s) in the down position for the finger(s) between those being exercised if that makes the exercise easier for you to perform.
- ✦ Press straight down on the two buttons being used, one at a time, to test the resistance.
- ✦ Adjust the resistance on each finger being exercised so that the same amount of exertion is used by each finger to depress the buttons. The amount of exertion needed should be challenging but comfortable. Never use such high resistance that you have to strain to depress the buttons, as that could lead to injury.
- ✦ When the resistance is set correctly, the two buttons will depress evenly as you press down.
- ✦ Once the resistance has been set, press straight down with the finger tips to depress the two buttons, hold for 1-3 seconds and then release.
- ✦ Do 10 times and then repeat with the other hand.
- ✦ Repeat the 10-rep sequence two more times until a total of 30 reps have been done by each hand.
- ✦ At the end of each set of reps, you should feel slight fatigue in your hand, but never any pain. If you feel pain, stop exercising and reduce the resistance.
- ✦ If desired, repeat the exercise with two different fingers.
- ✦ As you build strength, first increase the number of reps and then, slowly increase the resistance. Again, never use excessive resistance that causes you to strain to depress the buttons, as that could lead to injury.

Three-Finger Press:



Exercise Objective:

- ✦ To strengthen the fingers, hand and grip.

Execution:

- ✦ Place your thumb underneath the exerciser and the fingertips of the three fingers to be exercised on the tops of their respective buttons. Any combination of three fingers can be used for this exercise.
- ✦ The three fingers being used should be parallel, pushing straight down on the buttons with your finger tips. Good form is essential in this exercise.
- ✦ Keeping the non-exercising finger on its respective button helps improve finger dexterity and coordination. Leaving it off its button focuses merely on building the strength of the fingers being exercised. Use the approach that best suits your exercise objectives.
- ✦ Hold the exerciser so that it is facing away from you at about a 45-degree angle to your body and about 45-degrees from vertical. The exact orientation of the exerciser is not critical as long as it is comfortable and your fingers maintain good form on the buttons.
- ✦ If non-adjacent fingers are being exercised, you may lock the button not being used in the down position if that makes it easier for you to perform the exercise.
- ✦ Press straight down on the three buttons being used, one at a time, to test the resistance.
- ✦ Adjust the resistance on each finger being exercised so that the same amount of exertion is used by each finger to depress the buttons. The amount of exertion needed should be challenging but comfortable. Never use such high resistance that you have to strain to depress the buttons, as that could lead to injury.
- ✦ When the resistance is set correctly, the three buttons will depress evenly as you press down.
- ✦ Once the resistance has been set, press straight down with the finger tips to depress the three buttons, hold for 1-3 seconds and then release.
- ✦ Do 10 times and then repeat with the other hand.
- ✦ Repeat the 10-rep sequence two more times until

a total of 30 reps have been done by each hand.

- ✦ At the end of each set of reps, you should feel slight fatigue in your fingers and hand, but never any pain. If you feel pain, stop exercising and reduce the resistance.
- ✦ If desired, repeat the exercise with a different combination of three fingers.
- ✦ As you build strength, first increase the number of reps and then, slowly increase the resistance. Again, never use excessive resistance that causes you to strain to depress the buttons, as that could lead to injury.

Four-Finger Press:



Exercise Objective:

- ✦ To strengthen the fingers, hand and grip.

Execution:

- ✦ Place your thumb underneath the exerciser and your fingertips on the tops of four adjacent buttons.
- ✦ Your fingers should be parallel, pushing straight down on the buttons with your finger tips. Good form is essential in this exercise.
- ✦ Hold the exerciser so that it is facing away from you at about a 45-degree angle to your body and about 45-degrees from vertical. The exact orientation of the exerciser is not critical as long as it is comfortable and your fingers maintain good form on the buttons.
- ✦ Press straight down on the four buttons being used, one at a time, to test the resistance.
- ✦ Adjust the resistance on each finger so that the same amount of exertion is used by each finger to depress the buttons. The amount of exertion needed should be challenging but comfortable. Never use such high resistance that you have to strain to depress the buttons, as that could lead to injury.
- ✦ When the resistance has been set correctly, all four buttons will depress evenly as you press down.
- ✦ Pressing straight down with the finger tips, depress the four buttons, hold for 1-3 seconds and

then release.

- # Do 10 times and then repeat with the other hand.
- # Repeat the 10-rep sequence two more times until a total of 30 reps have been done by each hand.
- # At the end of each set of reps, you should feel slight fatigue in your fingers and hand, but never any pain. If you feel pain, stop exercising and reduce the resistance.
- # As you build strength, first increase the number of reps and then, slowly increase the resistance. Again, never use excessive resistance that causes you to strain to depress the buttons, as that could lead to injury.

Finger Press Progression:



Exercise Objective:

- # To increase individual finger strength.
- # To promote finger dexterity, coordination, and independent action.

Execution:

- # Place your thumb underneath the exerciser and your fingertips on the tops of four adjacent buttons. Your thumb should be approximately underneath the second button.
- # Your fingers should be parallel, pushing straight down on the buttons with your finger tips. Good form is essential in this exercise.
- # Hold the exerciser so that it is facing away from you at about a 45-degree angle to your body and about 45-degrees from vertical. The exact orientation of the exerciser is not critical as long as it is comfortable and your fingers maintain good form on the buttons.
- # Press straight down on each of the buttons, one at a time, to test the resistance.
- # Adjust the resistance on each finger so that the amount of exertion needed to depress its button is challenging but comfortable. Never use such high resistance that you have to strain to depress the buttons, as that could lead to injury.
- # Starting with your index finger and working toward your little finger, press each button down slowly, hold for 1-3 seconds, release, and move to

the next finger.

- ✦ Maintain good form with each finger and keep the other fingers on their respective buttons as you press down with each finger. This promotes flexibility, dexterity, and coordination.
- ✦ If desired, reverse the sequence after the little finger, progressing back to the index finger.
- ✦ Do 10 times and then repeat with the other hand.
- ✦ Repeat the 10-rep sequence two more times until a total of 30 reps have been done by each hand.
- ✦ At the end of each set of reps, you should feel slight fatigue in your fingers and hand, but never any pain. If you feel pain, stop exercising and reduce the resistance.
- ✦ As you build strength, first increase the number of reps and then, slowly increase the resistance. Again, never use excessive resistance that causes you to strain to depress the buttons, as that could lead to injury.
- ✦ A variation of this exercise would be to progress through the fingers in different sequences: 1-3-2-4, 2-4-1-2, 2-4-1-3, etc. This further helps to build coordination and dexterity.

Finger Press Progression With Hold:



Exercise Objective:

- ✦ To increase individual finger strength.
- ✦ To promote finger dexterity, coordination, and independent action.

Execution:

- ✦ Place your thumb underneath the exerciser and your fingertips on the tops of four adjacent buttons. Your thumb should be approximately underneath the second button.
- ✦ Your fingers should be parallel, pushing straight down on the buttons with your finger tips. Good form is essential in this exercise.
- ✦ Hold the exerciser so that it is facing away from you at about a 45-degree angle to your body and about 45-degrees from vertical. The exact orientation of the exerciser is not critical as long as it is comfortable and your fingers maintain good form on the buttons.
- ✦ Press straight down on each of the buttons, one at

a time, to test the resistance.

- ✦ Adjust the resistance on each finger so that the amount of exertion needed to depress its button is challenging but comfortable. Never use such high resistance that you have to strain to depress the buttons, as that could lead to injury.
- ✦ Starting with your index finger and working toward your little finger, press each button down slowly and hold. Keeping the button depressed, move on to the next finger.
- ✦ Maintain good form with each finger and keep all fingers on the buttons at all times. This promotes flexibility, dexterity, and coordination.
- ✦ After the little finger has depressed its button, hold for 1-3 seconds, and then slowly release.
- ✦ In sequence, slowly raise the ring finger, middle finger, and finally, the index finger.
- ✦ Repeat the forward / backward progression 10 times and then change hands.
- ✦ Repeat the sequence two additional times for a total of 30 of the forward / backward progression reps on each hand.
- ✦ At the end of each set of reps, you should feel slight fatigue in your hand, but never any pain. If you feel pain, stop exercising and reduce the resistance.
- ✦ As you build strength, first increase the number of reps and then, slowly increase the resistance. Again, never use excessive resistance that causes you to strain to depress the buttons, as that could lead to injury.
- ✦ A variation of this exercise would be to progress through the fingers in different sequences: 1-3-2-4, 2-4-1-2, 2-4-1-3, etc. This further helps to build coordination and dexterity.

Finger Press with Finger Extension:



Exercise Objective:

- ✚ To strengthen the fingers when extended out horizontally for playing guitar, piano, and keyboard chords.

Execution:

- ✚ Lock the button normally used by the finger you want to exercise in the down position. If the index finger is being exercised, lock down the second button from the end.
- ✚ Place your thumb underneath the exerciser and the fingertips on the tops of their respective buttons. If your index finger is being exercised, shift your hand over one button so that your index finger sits on the second button from the end.
- ✚ Stretch the finger to be exercised over the button locked in the down position to the next button.
- ✚ All fingers should be parallel, pushing straight down on the buttons with your finger tips. Good form is essential in this exercise.
- ✚ Hold the exerciser so that it is facing away from you at about a 45-degree angle to your body and about 45-degrees from vertical. The exact orientation of the exerciser is not critical as long as it is comfortable and your fingers maintain good form on the buttons.
- ✚ Keeping the non-exercising fingers on their respective buttons, press straight down on the button with the finger being exercised one or two times to test the resistance.
- ✚ Adjust the resistance on the finger being exercised so that the amount of exertion needed to depress the button is challenging but comfortable. Never use such high resistance that you have to strain to depress the button, as that could lead to injury. The resistances on the non-exercising finger buttons are not critical.
- ✚ Once the resistance has been set correctly, press straight down with the finger tip to depress the button, hold for 1-3 seconds and then release.
- ✚ Do 10 times and then repeat with the other hand.
- ✚ Repeat the 10-rep sequence two more times until a total of 30 reps have been done by each hand.
- ✚ At the end of each set of reps, you should feel

slight fatigue in your finger and hand, but never any pain. If you feel pain, stop exercising and reduce the resistance.

- ✦ If desired, repeat the exercise with other fingers
- ✦ As a variation to this exercise, you could do a finger press progression exercise with the one finger extended.
- ✦ As you build strength, first increase the number of reps and then, slowly increase the resistance. Again, never use excessive resistance that causes you to strain to depress the buttons, as that could lead to injury.

Finger Squeeze Exercises:



Objective:

- ✦ To strengthen the fingers, hand, wrist, and forearm.

Execution:

- ✦ These exercises are done in the same way as the finger presses and finger press progressions described above except that the base of the exerciser is held in the palm of your hand rather than by the thumb.
- ✦ As with the finger press exercises, press the buttons down with the finger tips and always use good form.
- ✦ These squeeze exercises give your hand and wrist more of a workout and are excellent for strengthening your grip.

Trigger Finger Squeeze:



Exercise Objective:

- ✦ To strengthen the fingers, hand and grip.
- ✦ To give the hand and index finger more stability and control when shooting guns for sport, hunting, or gaming.

Execution:

- ✦ Place the bottom of the exerciser in the palm of your hand with the ends of your four fingers on the buttons. Your fingers should be flat and

- parallel.
- ✦ Hold the exerciser so that it is vertical and pointing directly away from you, just as if you were firing a gun.
 - ✦ Press straight down on each of the buttons, one at a time, to test the resistance.
 - ✦ Adjust the resistance on each finger so that the amount of exertion needed to depress its button is challenging but comfortable. Never use such high resistance that you have to strain to depress the buttons, as that could lead to injury.
 - ✦ Once the resistance has been set, squeeze the middle, ring and little fingers to depress their buttons and hold in that position.
 - ✦ Next, slowly squeeze your index finger to depress its button, hold for 1-3 seconds and then slowly release. The focus in this exercise is to be very smooth, deliberate, and steady.
 - ✦ Repeat 10 times with the index finger and then release all buttons.
 - ✦ Repeat the 10-rep sequence two additional times for a total of 30 reps.
 - ✦ At the end of each set of reps, you should feel slight fatigue in your fingers and hand, but never any pain. If you feel pain, stop exercising and reduce the resistance.
 - ✦ As you build strength, first increase the number of reps and then, slowly increase the resistance. Again, never use excessive resistance that causes you to strain to depress the buttons, as that could lead to injury.

Forearm Press:



Objective:

- ✦ To strengthen the forearm and elbow.

Execution:

- ✦ Adjust all of the buttons to the same resistance level.
- ✦ Place the exerciser upside down on a table and place your hand on the bottom of the exerciser so that it contacts the hand in the palm at the base of the fingers.
- ✦ Press down with the palm of your hand once or twice to test the resistance.

- ✦ Adjust the resistance of the buttons so that the exertion required to press the exerciser down is challenging but comfortable. Never use such high resistance that you have to strain to depress the buttons, as that could lead to injury.
- ✦ Keeping your wrist straight and your forearm off the table, press down with the palm of your hand to depress the buttons. Hold for 1-3 seconds and then slowly release.
- ✦ Do 10 times and then repeat with the other hand.
- ✦ Repeat the 10-rep sequence two more times until a total of 30 reps have been done by each hand.
- ✦ At the end of each set of reps, you should feel slight fatigue in your arm, but never any pain. If you feel pain, stop exercising and reduce the resistance.
- ✦ As you build strength, first increase the number of reps and then, slowly increase the resistance. Again, never use excessive resistance that causes you to strain to depress the buttons.

Hand Press:



Exercise Objective:

- ✦ To strengthen the hand, wrist, and forearm.

Execution:

- ✦ Place your thumb underneath the exerciser and your fingers on the tops of four adjacent buttons so that the fingers contact the buttons at the base of the fingers.
- ✦ Keep your fingers straight and parallel. Good form is essential in this exercise.
- ✦ Hold the exerciser so that it is facing away from you at about a 45-degree angle to your body and about 45-degrees from vertical. The exact orientation of the exerciser is not critical as long as it is comfortable and your fingers maintain good form on the buttons.
- ✦ Press straight down on the buttons one or two times to test the resistance.
- ✦ Adjust the resistance on each finger so that the same amount of exertion is used by each finger to depress the buttons. Never use such high resistance that you have to strain to depress the

- buttons, as that could lead to injury.
- ✦ When the resistance is set correctly, all four buttons will depress evenly as you press down.
 - ✦ Once the resistance has been set, press down with the base of the fingers, depressing all four buttons, hold for 1-3 seconds and then release.
 - ✦ Do 10 times and then repeat with the other hand.
 - ✦ Repeat the 10-rep sequence two more times until a total of 30 reps have been done by each hand.
 - ✦ At the end of each set of reps, you should feel slight fatigue in your hand, but never any pain. If you feel pain, stop exercising and reduce the resistance.
 - ✦ As you build strength, first increase the number of reps and then slowly increase the resistance. Again, never use excessive resistance that causes you to strain to depress the buttons, as that could lead to injury.